

## **Building the Body of Light**

**Advisory! It is imperative that all person's choosing to do this work first complete the 3 months of preparatory work as laid out in the chapter "Occult Anatomy of the Body"!**

*This work requires the use of the 7 Alchemical Herbal Tinctures*

In this chapter we will look at the regenerative capabilities of the human body and the Hermetic Science's use of this natural process in building a body of light.

Our bodies are nothing more than a conglomeration of cells, of which the average human body possesses 75 trillion. The cells that make up the organs of our bodies have a much shorter life span than the 80 years or so the average human consciousness is incarnated. Many persons do not realize that every seven years the human body regenerates itself. But it does so upon the predominate blueprint of the lifestyle you have been leading. If you smoke, drink, and eat lots of greasy foods etc., and do not exercise, then each successive generation of cells will find themselves built upon a template that is degraded. On this slippery slope it is not long before disease, infirmity, and death are encountered.

Today there is ample scientific evidence that exercise, prayer, and moderate eating habits, promotes a healthy well regulated body that can remain active and invigorated right up to the point of transition. If these three things make such a marked improvement in the quality of life experienced by all that it can be measured by scientific test, then the question begs to be asked, what is possible when we consciously participate in the regeneration of our physical being? Can the organs of sense be altered so that we have conscious perception of an expanded view of space and time? Can other organs of the body be restructured in such a way that they are capable of collecting and concentrating the ambient electro-magnetic fields, or cosmic rays, and expressing them as tangible observable forces that have effect on matter? One thing is for sure, the mind, trained through meditation can exert control over such basic functions of life as heartbeat and respiration. Yogis and other shamans have demonstrated to western science their remarkable control over their bodies. This control extends to the point of being able to make the heartbeat and respiration so subtle that medical instruments are unable to detect them; a condition under any other circumstance that would have been reported as death.

Persons who practice hypnosis have been able to achieve such astonishing results as not allowing the body to bleed when it is cut, and to even make the skin impervious to blades and acids.

The adepts of the Hermetic Science affirm that the type of control demonstrated by the Yogis, the enhancement of the organs of sense to make them capable of receiving psychic impression, and exert control over the elemental forces, are all attained by the adept as the natural outcome of his work. They in themselves do not represent the goal, but rather act as signpost along the *Path of Return*. Of course none of this happens overnight, a period of diligent practice in meditation is necessary. But results in regards to the enhancement of the organs of sense, and the expression of energy through the hands as palpable heat or cold may be achieved months.

This work of conscious participation in the spiritual evolution of the body begins with the breathing. The act of respiration is much more than just taking in oxygen and expelling carbon dioxide. With the air we breathe in the formative forces and electromagnetic energies. These forces actually charge the blood and the special substances, lymph and chyle.

Lymph fluid is a transparent, colorless or slightly yellow fluid, which is carried into the blood by the lymph capillaries, which can be found throughout the entire body from head to toe. The lymph fluid is the liquid part of the blood known as plasma. Its main job is to carry this fluid to all tissue spaces of the body and thereby nourish the cellular elements.

Chyle is formed from the mixing of gastric secretion and food, as the gastric fluid breakdown the food it is formed into a milky white sludge like substance called chyle. The chyle is absorbed by the villi of the small intestine and is carried by a set of vessels similar to the lymphatics named lacteals. The lacteals pour the chyle out into the commencement of the thoracic duct in the abdomen. The thoracic duct passes upward along the front of the spine and opens into the large veins on the left side of the root of the neck. The thoracic duct conveys the majority of chyle and lymph into the blood. It is the common duct of all the lymphatics of the body except for those of the right side of the head, neck, thorax, right upper extremity, right lung, right

side of the heart and the convex surface of the liver. These empty themselves into a smaller duct that terminates on the right side of the neck.

Chyle and lymph fluids are identical in all aspects except during the act of digestion when the chyle takes on its milky-white appearance. Indeed the two sets of vessels the lacteals which secrete chyle and the lymphatics, which carry the clear lymph fluid, are identical in structure even though their names differ.

During its passage up the front of the spine manipulation of the kundalini energy flowing through the spine during meditation may further charge the chyle. It is no exaggeration to say that chyle is the basic material, which our bodies transmute into blood, flesh, and bone. This is why the conscious reception of food and conscious breathing are so important in our work. Armed with this knowledge the Hermetic Scientist sets out to use the properties of your subconscious to build his new being.

The information presented for this aspect of the practice is a general outline of what may be done by the Hermetic Scientist in constructing their body of light. More detailed work may be done on certain structures of the body, but this should only be done by persons who have undergone rigorous training, these advanced practices are omitted here for the safety of the student.

After completing this year long exercise the student's body will be in a state that is capable of receiving and utilizing the higher spiritual energies, this will enable you to go through the seven initiations with your inner master.

It has long been known to astrologers and occultists that each sign of the zodiac rules a specific zone of the human body. This work is simple and requires only that we do certain meditations on specific zones of the body when the appropriate Sun sign is active. I will now describe for each sign of the zodiac the zone of the human body that should be worked on, with specific instructions referring to the separate organs in that zone, and the structures and cells within those organs that should be worked on consciously. Throughout this entire practice it is essential for the student to keep the fact firmly planted in their mind that the body on its own accord reproduces the cells and structures we shall work with. No effort whatsoever on their part

is necessary for this completely natural process to occur. All the student does is to direct their subconscious to etheralize the cell, so that it will be capable of higher spiritual functions. Bear in mind also the amazing results obtained by Yogis and advanced practitioners of meditation and hypnosis, you will be amazed with the almost immediate increase in your perceptive abilities born from this practice.

### **Basic Ritual for Building the Body of Light**

**Advisory! It is imperative that all person's choosing to do this work first complete the 3 months of preparatory work as laid out in the chapter "Occult Anatomy of the Body"!**

*This work requires the use of the -7 Alchemical Herbal Tinctures*

To do this practice you will operate in your customary manner of meditating and impregnating the liquid you drink with the appropriate color. Use the Herbal Crystals™ only on the planetary day of the week that rules the astrological sign with dominion over the zone of the body being worked on. The color visualized each day of the practice will be of the zodiacal sign. On all other days of the week you will use the alchemical tincture appropriate for that day of the week.

Begin your practice as you normally would by meditating and accumulating the appropriate color. If it is the day of the week of the planet ruling the zodiac sign you are working under place a few grains of the Herbal Crystal™ in your hand. Ingest the alchemical product(s) and begin your rhythmic breathing, envision the alchemical product(s) descending to your solar plexus as a stream of the appropriately colored light. Have the colored light spread from inside you to outside your body in an oval shape for approximately two feet around your body, permeating your entire being with light. Allow the energy to resonate around you as a pulsing, glowing orb. While cocooned within your oval of light place your consciousness into the organ that you desire to spiritualize and follow the directions listed below for that organ.

The meditations listed below should be done each day of the week during the time span the sun occupies the respective astrological sign. When moving into the next sign the previous visualization should be continued, the products used are always for the for the current sign the sun is in. At the end of the year the entire exercise should be carried out daily for the rest of ones life taking the student approximately 10 - 30 minuets at the end of the day just prior to retiring for the evening. The use of the Basic alchemical products will no longer be necessary at that time as presumably the student will be moving on to the more advanced work which utilizes the energy of the higher alchemical preparations.

### **ARIES MARCH 21 - APRIL 20**

Aries is ruler of the brain, eyes, and blood.

Planetary Ruler: Mars

Day Of the week: Tuesday

Color: Red and Yellow

**Brain:** The cells of the brain are permanent and do not replace themselves during our lifetime. On first look this would seem to give a problem, but there are other structures connected with the brain on which to do our preliminary work. One of these is the Dura Mater, which is a thick, dense inelastic fibrous membrane, which lines the interior of the skull. The inner surface of the Dura Mater is smooth and lined with a layer of endothelium cells. There are also the Arachnoid Villi, which are on the inner surface of the Dura Mater and the cerebro-spinal fluid that surrounds the brain. Finally there is also the Pia Mater that is found upon the surface of the hemispheres, where it covers the gray matter of the convolutions (irregular surface of the brain). Pia Mater is very vascular, and gives off from its inner surface a multitude of minute vessels, which extend in a perpendicular manner for some distance into the cerebral (brain) substance.

The epithelial cells of the Dura Mater, the arachnoid villi, the vascular vessels of the Pia Mater, and the cerebro-spinal fluid are constantly being reproduced, the average life cycle of

each being approximately 30 days. It is important for the student to bear constantly in mind that they are working with the newly forming cells of the body. We seek to take advantage of the natural reproductive processes of the cells to train all new generations of cells to a high order of function and purpose.

To work consciously on the brain do the following. Close your eyes and imagine the sun is hovering above head. See the rays of the sun descending upon your head and penetrating into your skull. See the new epithelial cells growing on the inner surface of the Dura Mater soaking up this light and begin glowing a bright yellow. Have this light enter into the whitish granulations of the arachnoid villi, see them alternatively pulse with the yellow light of the Sun. Have this pulsing light spill out into the cerebro-spinal fluid and see it slowly turn to a rich golden shining liquid. Now see the multitude of minute vessels of the Pia Mater that extend deeply into the cerebral substance suck the golden color out of the cerebro-spinal fluid and pump it into the brain. As you do this keep in mind the thought that you are re-tuning you brain so that it is capable of receiving the higher spiritual vibrations sent out by the adepts of the inner school.

**Eyes:** Aries is also ruler of the eyes. The photoreceptor cells (rods and cones) of the eye are permanent cells. But new disks forming the photoreceptive membrane of the rods are formed at the rate of three or four per hour. There are approximately 1000 of these disks on the rods in the eye. The photosensitive protein molecules, that make the photoreceptive membrane, are not permanent, and have a life cycle of 10 days. Rods are especially sensitive at low light levels. “Molecular Biology of the Cell by Bruce Alberts pg. 1145 and 1146”\*

This exercise is best done in the morning while looking at the rising sun. See the yellow light of the sun entering your eyes and have it congeal on the rods forming the photoreceptive membrane. Have these rods begin to vibrate and shine with an intense golden light. As you do this speak firmly to your subconscious, telling it to enhance the photosensitive protein molecules continually, and heighten your spiritual sight, allowing you to see past the confines of three-dimensional experience, and into the astral world of the fourth dimension.

**Blood:** The red blood cells of the human body are turned over every 120 days or so. These cells of course are very important especially with our breathing exercises.

To do this work close your eyes and concentrate on your rhythmical breathing, inhaling a deep blood red color. Fix your consciousness on the idea of the red blood cells and the work they do. Give the command to your subconscious that each new red blood cell produced is to be of a higher order than the average man. These new cells are to be made capable of acquiring and holding the higher fiery spiritual energies. These cells are also to bind greater quantities of oxygen to themselves. This practice will cause you to feel much more invigorated and will also improve your breathing.

#### **Taurus April 21 - May 21**

Planetary Ruler: Venus

Day Of the week: Friday

Color: Red-Orange

Taurus is ruler of the neck, throat, and ears. For this phase of the work we will only concern ourselves with the ear.

**Ear:** The auditory hair cells of the ear are permanent cells, we keep the number we are born with, should these cells become damaged from disease or excessive loud noise the damage cannot be repaired and deafness may result. None-the-less the auditory nerve cells do have the ability to alter their size and structure during adult life. "Molecular Biology of the Cell by Bruce Alberts pg. 1145. These auditory hair cells act as transducers actually translating the sound vibrations that cause the bones of the inner ear to resonate into electrical signals.

To do this work, close your eyes and imagine the hair cells of the inner ear. See these hair cells grow taller within the inner ear. See the entire hair as becoming a translucent red-orange structure with an

extremely sharp tip. Now see this hair begin to vibrate rapidly, so fast in fact that it almost appears to be still. As the hair vibrates imagine that you hear a steady high-pitched tone, emanating from the fourth dimension. Give the firm command to your subconscious that it is to enhance the receptive capabilities of your ears. You not only will be able to better hear terrestrial sounds, but you are also to be made capable of receiving and perceiving those sounds that emanate from non-material sources.

### **Gemini May 22 - June 21**

Planetary Ruler: Mercury

Day Of the week: Wednesday

Color: Orange

Gemini is ruler of the hands, arms, shoulders, collarbone, lungs, nose, and nervous system. For our work we will concern ourselves with only the lungs, nose, and nervous system.

**Lungs:** The lining of the lungs is of a type 1 pneumocyte epithelial cell, the type 2 pneumocyte cell of the lung secretes surfactant. The former of these two cells has a life span of approximately 60 days, and is meant to act as a protective barrier to keep contaminants out of the lung tissue proper. The latter of these cells secretes the liquid that keeps the lungs moist and humidifies the breathed air, these cells have a life span that last from 40 to 70 days.

To do this work, close your eyes and concentrate on your rhythmic breathing. With each breath see the newly born cells lining the lungs become ethereal and shine with a bright orange



light. Now see the second set of cells being born, begin to secrete a light orange colored substance that covers the cells lining the lungs. With each inhalation see this orange light disperse off of the lungs in a fine mist, and mix with the air. See this air enter into the air sacs of the lungs and turn them to shimmering clusters of orange colored bulbs. Keep the thought in mind that as you breath you are changing the very cell structure of your lungs, enabling them to utilize the finer spiritual corpuscles that are always present in the air. The oxygen and spiritual components of the air now carried to other cells of your body will hasten the spiritual evolution of your entire being.

**Nose:** The olfactory neurons are one of the few exceptions to the rule that nerve cells are permanent. Each olfactory neuron survives for about a month before it is replaced. Six to eight modified cilia extend from the olfactory neuron, and are believed to contain the smell receptors. The axon on the other end of the neuron conveys the message to the brain. “Molecular Biology of the Cell by Bruce Alberts pg. 1156”.

To do this work close your eyes and concentrate on your conscious breathing. See the air swirling about the smell receptors and concentrate it there. Now see the spiritual component of the air enter into the newly made olfactory neuron and turn it a brilliant orange color. Send this colored light to move along the axon that connects the neuron to the brain. Keep firmly in mind the realization that with the birth of every new olfactory neuron your sense of smell is greatly improved. Not only this, but your sense of discernment is also vastly improved and thus your ability to sniff out or perceive opportunity where others see none.

**Nervous System:** The cells of the nervous system are permanent. But nerve cells replace their protein molecules continuously, and many nerve cells can regenerate axons and dendrites that have been cut off. These cells also have the ability to alter their size and structure during adult life. “Molecular Biology of the Cell by Bruce Alberts pg. 1145”. The interior surface of the Dura Mater covering the spinal cord is composed of a thin layer of epithelial cells, which have a life span of 90 days. Also the cerebro-spinal fluid is continually being replaced throughout life.

To do these works close your eyes and concentrate on your spinal cord and the radiating tendrils of nerves. Have the layer of epithelial cells on the inner surface of the Dura Mater covering the spinal cord proper begin to glow with an orange light. See the protein molecules covering the nerve cells turn the color

of an orange setting sun. Have these two lights permeate the entire spinal column and mix with the cerebro-spinal fluid. Have the fluid fluctuate between the two colors. Have these pulsing waves light enter the nerve tendrils. Give the command to your subconscious to repair the axons and dendrites of any nerves in your system, which have been damaged. Now have the pulsing orange light radiate out through your entire body, along the highway of nerve paths. See your entire being as pulsing from this light. Keep firmly in mind that your entire being has been spiritualized. Realize that the mineral salts in your body are now also enhancing your body's use of cosmic rays. The electrical signature of your body is changing as the functions of the mineral salts in your body are enhanced.

### **Cancer June 22 - July 23**

Planetary Ruler: Moon

Day Of the week: Monday

Color: Orange-Yellow

Cancer is ruler of the breast and stomach. For our work we will concern ourselves with only the stomach.

**Stomach:** The stomach is the principle organ of digestion. The hydrochloric acid and other gastric juices of the stomach make a very harsh environment for cells. Even with the excellent mucus membrane the epithelial cells of the stomach are replaced every two days.

To do this work close your eyes and turn your consciousness to your stomach. See the soup of digestive juices swirling and swashing all about. See the walls of the stomach; see how they glisten with mucus. Now see the newly emerging reddish brown cells lining the wall of the stomach become a vibrant orange-yellow. Now see a piece of food enter the stomach. Have the

cells lining the walls of the stomach pulse with a glowing orange-yellow light as the food is dissolved by the gastric juices. See this food dissolve into a white milky fluid with a radiating orange-yellow aura about it. As you do this keep in mind that the food being broken-down in your stomach is nothing more than congealed light or spirit. We want our stomach to pull all the spiritual energy out of the foods we eat, so that our bodies may transmute all the sooner.

## Leo July 24 - Aug. 23

Planetary Ruler: Sun

Day Of the week: Sunday

Color: Yellow

Leo is ruler of the heart.

**Heart:** Heart muscle cells are permanent, but they do replace the bulk of their protein molecules in the course of a week or two. These cells have the ability to alter their size and structure during adult life. “Molecular Biology of the Cell by Bruce Alberts pg. 1145”

To do this work close your eyes and meditate on your heart. See your heart as being composed of a soft glowing gold light, and the newly forming protein molecules as being points of brilliant yellow light. As the blood flows into your heart see this light infusing it. As your blood flows from your heart see it as a river of gold that crackles with yellow bolts of electricity. Have this energized substance flow throughout your entire body. As you do this keep in mind that you want your body and consciousness to continually progress in your spiritual transmutation. The changes of body and mind you meditate on are to continually remain active, and should become part of the cell memory you are working with.

### **Virgo Aug. 24 - Sept. 23**

Planetary Ruler: Mercury

Day Of the week: Wednesday

Color: Yellow-Green

Virgo is ruler of the bowels.

**Bowels:** The cells of the small intestine, large intestine, and colon are replaced every two to four days. The small intestine is where chyle, a milky white fluid produced from the breakdown of food, is absorbed into the body.

To do this work close your eyes and see chyle being formed as the gastric fluids breakdown the food and turn it into a milky white sludge like substance with a shimmering yellow-green radiating aura about it. Now see the chyle being absorbed by the villi of the small intestine and is carried by a set of vessels similar to the lymphatics named lacteals. See the lacteals pour the chyle out into the thoracic duct in the abdomen. As the chyle traverses the thoracic duct and passes upward along the front of the spine, see orange light emanating from the spine and permeating the chyle. Have the chyle now thoroughly mixed with the light flow into the lymphatic fluid and be conveyed to all parts of your body via your blood. As you do this keep in mind that this very fluid is what your new body will be built from. Let your subconscious know that it is to continually refine this substance, making its essence finer and finer, so that the cells of your transmuted body are capable of receiving and utilizing the higher spiritual forces.

**Libra Sept. 24 Oct. 23**

Planetary Ruler: Venus

Day Of the week: Friday

Color: Green

Libra rules the kidneys.

**Kidneys:** Our kidneys are responsible for filtering our blood; the cells of the kidney are replaced every 40 days.

To do this work close your eyes and envision your two kidneys. See the deep red even color of the kidneys as turning a brilliant Green. Know that each new kidney cell now not only removes the waste from your blood, they also strip out any negative psychic energy from your being. Now see your blood flowing through your kidneys. Send the firm command to your subconscious that it is to remove all toxins from your blood. As the blood leaves the kidneys see that it has turned to a reddish-gold color. Your purified blood is to be sent mentally throughout your body to do its work, and spread the cleansing psychic effects.

## **Scorpio Oct. 24 - Nov. 22**

Planetary Ruler: Mars

Day Of the week: Tuesday

Color: Blue-Green

Scorpio rules the sex organs.

**Sex Organs:** The epithelial cells of the penis and vagina renew themselves every thirty days. The sperm of a man stored in his testes are replaced every two to three days, and a woman releases an egg every twenty-eight to thirty days. In this practice the cells making up the sexual organs are important, we are especially interested in the nerve force generated in this area of the body. This force can be used for procreation as well as renewing and transmuting our being.

To do this work close your eyes and place your consciousness into the area of your sex organs. See the cells of your sex organs as emitting a blue-green vibrant light. Keep your consciousness there and pay special attention to the energy build-up between your legs. See this energy as a blue-green ball of electricity that sends out crackling tendrils in every direction. Have this energy travel up your spine and mix with the golden-yellow light of your heart, so that the light now has hue of a multicolored. Send this light up to your throat and have it begin to spin clockwise in the area of your Adams apple. As it spins have the electrical ball throw off tendrils of green electricity that are caught up in the air your breath. Have this renewing electrical energy spread throughout your body and rejuvenate it.

### **Sagittarius Nov. 23 - Dec. 21**

Planetary Ruler: Jupiter

Day Of the week: Thursday

Color: Blue

Sagittarius rules the liver.

**Liver:** The liver is the largest gland in the body. The hepatocyte cells of the liver are chiefly concerned with the processes of metabolism, these cells regenerate quickly, and their life cycle is approximately 1 week long.

To do this work close your eyes and see your liver. See the newly forming cells of this organ as being a vibrant royal blue. Have these cells glow and pulsate as you give a firm command to your subconscious to elevate your metabolic processes. See the substances excreted by the liver as not only doing there normal job of breaking down fats and other substances, but also extracting from them a spiritual quotient not normally taken from the food ingested. Have these liberated spiritual substances increase the efficiency and metabolism of your body, so that it will produce the new order of cells and chemical substances in the blood that give rise to spiritual evolution.



## Capricorn Dec. 22 - Jan 20

Planetary Ruler: Saturn

Day Of the week: Saturday

Color: Blue-Violet

Capricorn rules the skeletal structure.

**Skeleton:** As fantastic as it sounds approximately 10% - 15% of the bone in a healthy adult is replaced each year. This means that every seven years the complete skeletal structure in an adult is totally replaced. “Molecular Biology of the Cell by Bruce Alberts pg. 1184”

To do this work close your eyes and turn your consciousness inward to your skeletal structure. Choose any area of the skeleton and see the old bits of the dull white skeleton flaking off leaving holes only to be replaced by new shining growth with a blue-violet hue. See this happening over the entire skeleton. Give a firm command to your subconscious that it is to build you a new skeletal structure, one that incorporates the proper mineral mix so that your bones will act as a receiver and resonate with the higher spiritual energies. Your skeletal structure not only acts as the supporting framework for your entire body it also acts as a tuning fork, who's oscillating waves actually cause all the newly emerging cells of our body to transmute and progress their spiritual evolution.

**Aquarius Jan 21 - Feb. 19**

Planetary Ruler: Saturn

Day Of the week: Saturday

Color: Violet

Aquarius rules the skin.

**Skin:** The skin is the largest organ of the human body. Skin cells have a life span of thirty days. Every seven to ten days the top layer of your skin is completely replaced, thereby creating over 90% of the dust in your house.

To do this work close your eyes and place your consciousness into your skin. See the new cells being born at the bottom layer of the epidermis. Have each of these new cells emerge with a violet light emanating from them. Tell your subconscious with a firm command that each new skin cell is to be vibrant and fresh. That it should radiate health, and gleam with health. Because the skin also acts as a barrier to germs and microbes have your subconscious increase its protective capabilities. You should see your whole outer body as being radiant and new.

### **Pisces Feb. 20 - March 20**

Planetary Ruler: Jupiter

Day Of the week: Thursday

Color: Violet-Red

Pisces rules the feet

**Feet:** There are no major organs in the feet for us to work with. We have already covered the skeleton and skin in previous tarot cards. But the feet are our principle way of drawing into our bodies the magnetic energy of the earth, which enters through the two minor chakras in the soles.

To do this work close your eyes and envision your feet. See your feet glowing with a bright cool violet-red light. Feel the magnetic pulses of the earth rise up through your feet and resonate through your entire body. This magnetic energy is essential for the final transmutation of your being. Give a firm command to your subconscious that it is to use this energy to complete the natural changes it must make within your consciousness and body, for your spiritual evolution.

[©1996 - 2003 John H. Reid III](#)

[Alchemical Gnosis™ is a trademark or registered trademark of John H. Reid III.](#)

\*Molecular Biology of The Cell Third Edition by Bruce Alberts, Dennis Bray, Julian Lewis, Martin Raff, Keith Roberts, and James D. Watson. ISBN 0-8153-1619-4